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PHILIPPINE ACADEMY OF REHABILITATION MEDICINE 20TH ANNUAL CONVENTION

Holiday Inn Hotel, Clark, Angeles City, Pampanga

February 11-13, 2010

MALACANAN PALACE BARIL

MESSAGE

It is an honor and privilege to be the official patron of the
Philippine Academy of Rehabilitation Medicine in
connection with its 20th Anniversary.

Through the convention and the theme, "PARM @ 20: Soaring High... Flying High", I hope that we will become more united in our efforts to improve the lives of persons with disabilities and to advance the development of rehabilitation medicine.

I hope the Academy will bring you a gathering for you in its convention
with activities that will inspire you and give you a great experience in
rehabilitation medicine.

May you have a successful convention and celebration!

Benigno Aquino III
President of the Philippines

Republic of the Philippines
Department of Health
Director of the Department

Message to the Philippine Academy of Rehabilitation Medicine

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Ernesto C. Manzano
Secretary of Health



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Luisita farmers to Noy: Just do it

CITY OF SAN FERNANDO—FARM WORKERS IN Hacienda Luisita on Tuesday dared Sen. Benigno "Noy" Aquino III, Liberal Party standard-bearer, to start the agrarian reform process in the sugar estate by working for the lifting of the temporary restraining order (TRO) issued by the Supreme Court in 2005.

"If [Aquino] [Aquino] is serious and sincere, he should convince his family to pull out the TRO and leave it lifted," said Libo Bala, chair of the United Luisita Workers Union (ULWU), in a telephone interview. Bala said the demand is realistic in Aquino's promise that the family of his mother, the late President Corason Aquino, would distribute Luisita lands in the years after her death, a promise that was never fulfilled.

Message boards
Farmers and students posted notes on what appear to be pieces of blackboards at a classroom that is just across the street from the presidential candidate's home. Benigno Aquino III, where the said his ideas were being laid out in the wake of the national campaign on Tuesday.



MESSAGE BOARDS
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Villar roundup
Another Aquino critic, Garry S. Guezo Simola, a supporter of Aquino, said that Simola would have nothing to do with the current debate and should not be made to pay the dues. Simola, a former official of Aquino, was allegedly influencing the campaign in the last few days.

Justice for killings
There is continuing the execution of more than 2,000 of the state has executed individuals, a full review, an independent panel and a provision for the future.

GMA, Villar in Calamba: Coincidence, say execs

CALAMBA CITY—AMERICAN BROADCASTING CO. (ABC) executives said there is no support in the Nationalist Party (NP) standard-bearer, Manuel Villar, and President Macapagal-Arroyo were in the Calamba city, about the same day as the start of the campaign period for national elections on Tuesday.

Coincidence
Police and NP officials, however, located outside the complex, denied the coincidence.

Glenda agenda
Police officials said they were also aware of the NP rally. "We have no idea [Aquino III's] agenda," said head of the Calamba City Police, a separate police station.

Private armies detected in Negros
The police office of Negros Occidental has issued orders to police officers to work on a private and orderly election and avoid disturbances.

'Kambing' diplomacy seeks peaceful polls
The police office of Negros Occidental has issued orders to police officers to work on a private and orderly election and avoid disturbances.

EMANATE CITY—THE COMMISSION ON Election (COMELEC), Philippine National Police (PNP) and the Philippine Army are now monitoring their efforts to eliminate private armed groups in the last days of the election.

Edits
The presidential election supervisor, on Tuesday, said reports pointed to the presence of armed groups in Calabarzon City, the Liberal and Nationalist Party, all in the province's first district.

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INQUIRER mobile news

INQUIRER BREAKING NEWS:
Meralco to implement 2-hour rotating brownouts in parts of Marikina, Manila, QC, Bulacan and Cavite due to outage at Sual power plant. National Grid Corp. has placed entire Luzon grid on red alert.

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to 4467 for SMS alerts

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to 4467 for MMS alerts

Call 896-6000 for more details.

12 Wishes for Christmas

Winners of
Chevrolet Captiva



CAPTIVA
Annabella C. Javier

CAPTIVA
Sandra E. Alcansado

CAPTIVA
Joana Stephanie Mallari
Houserville
Aventura, FL



Winners of
Chevrolet Aveo



AVEO
Pagangpang
Student
Southern Lake

AVEO
Princess Calmada
Over
1,000,000



AVEO
Martina Ambal

AVEO
Janel D. Obligado
Minneapolis, Minn.



Winners of Minor Prizes

Franchise	Wet's Garden	Super Wet's Windows	Wet's Ayle	Wet's Legend	Wet's Lucina	Wet's Market Market	Wet's Massage Bar
Apex Sales	Richard Tassanelli	Gerhard Day	Nadia Dorian	David M. Gallo	Jordan Bergman	Carla Lee	Joe McElroy
	Kenzie Piquero	Angela Galvan	Barry Joseph Salda			Marlene Gonzalez	Maria Rosa Santiago
Borg POP	Michael P. Tolentino	Lorinda Salinas	Nadia Piquero	Jamison Boney	Paul Montano	Rafaela Hernandez	Vince Carlos
			Martha Sapan			Lee Paul M. Arnes	Joseph T. Pardo
Bottle 24	Michael Taveria	Neil J. Yu	Carl Erickson (Bart)	Lance S. Hall	Way M. Ignazio	James V. Suran	Steven A. Davis
			Harriet Bergman			Loring James C. Williams	Maureen T. Wilkerson
Carroll Righter Gators	Amelia G. Gonzalez	Wesley D. Tolsted	Alissa Rubin	Jaime Gary Vitoria	Jaime Lynn Mancini	Mely S. Tapia	Russell G. Torres
			Alissa Rubin			Marcus H. Mulligan	Charmaine Anne Collins
Case Bar	Andres Velasco	Steve Ann Kavanagh	And Sathyaiah	Paulina R. Amador	Perfume Baehtz	Ralph Anthony Ryan	Ryan J. Perkowski
						Debra Taylor Ryan	
Casey Vets	Paul L. Jones	David M. Arnold	John Tocco	Carol S. Salzman	Joel Heston	Theresa Telford	Elizabeth Torres
						Joan V. Davis	
1-800 Supply Services	Isabel Piquero	Isabel Quintero	Amelia Miller	Carol M. Suban	Debra Deane	Way F. Central	Expensive S. Seibert
			Reggie Adams			Darryl T. Lee	
Sal and more shoes	Eva Smith	Joseph Smith	John Smith	Anthony Sanga	Andrew Venturi	Max James T. Smith	Christopher Quintero
Sis-BE	Jeff Davidson	Heidi Bergman	Wanda Laramore	Candy Bergman	Joanella Galbraith	Christopher Deke	James C. Gorman
Sis-CE	Chloeann Evans	Amelia Tapia	Max Carl Olvera	Joan M. Garcia	Elmo M. Gomez	Terri Ramirez	Tracy Ann Deane
JVS LBS TV	Emily Clark	Jose Rodriguez	Esperanza Reyes	Marcelino S. Alvarez	Tiffany M. Cuevas	Barbara Clark	Angela P. Davis

Drive-by shooting leaves 1 dead, 2 hurt in Manila

By Tina G. Santos

A 19-year-old female (FNU) was killed while two other people, including a 6-year-old girl, were wounded when someone shooting them passed by on a street on Tuesday night in Manila.

The body was identified as Jose Antonio, a resident of Sta. Cruz, Manila. The shot victim was being treated at Metropolitan Hospital, due to a knee gun wound.

The other victim, Angeline Mae, 35, was hit by a bullet in the chest. She is now in the hospital. Meanwhile, one of the gunners was reportedly caught up by a commercial vehicle after the shooting incident.

The cops, however, captured the shooter. Police said the shooting incident happened at around 10:45 p.m. the other night on the corner of Tatal and L. Santos

Streets in Manila.

Police said they were still conducting an investigation to determine the motive behind the shooting.



UP AND OVER

A man lies on the ground, perhaps in a drive-by shooting, after he was shot in Manila Bay.

Ordinance on banned ads 'misleading'

By John M. Asencio

A CEBU CITY COUNCILOR who is running for vice mayor has asked the city government to take down signs warning against the posting of political ads on major roads.

Councilor John M. Asencio, who is running for vice mayor, said he was told that the ordinance was a 20-year-old one.

But political posters are banned from being put up along streets.

"I cannot recall that the ordinance is 20 years old," Asencio said. "I am not sure if it is a 20-year-old ordinance. I am not sure if it is a 20-year-old ordinance. I am not sure if it is a 20-year-old ordinance."

The ordinance was passed by the city council in 1990. It bans political posters from being put up along streets.

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Cebu City's traffic czar passes away

By John M. Asencio

A CEBU CITY TRAFFIC czar who was known for his strict enforcement of traffic rules passed away on Tuesday.

He was 70 years old. He was a former police officer and a traffic engineer.

He was known for his strict enforcement of traffic rules. He was a former police officer and a traffic engineer.

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ON TARGET

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SHANG CINEPLEX

1. THE PRINCESS AND THE FROG 2:30, 4:00, 7:15, 9:30

2. ONLY YOU HEAR ABOUT THE MORGANSTERN 10:10, 12:30, 4:30, 7:00, 9:30

3. LOVE HAPPENS 10:10, 12:30, 4:30, 7:00, 9:30

4. DEAR JOHN 10:10, 12:30, 4:30, 7:00, 9:30

5. CASE 39 10:10, 12:30, 4:30, 7:00, 9:30

6. 10:10, 12:30, 4:30, 7:00, 9:30

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Friday - 8:30 pm

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GREENHILLS CINEMAS

Forever Love

Forever Love

Forever Love

Actress' aide faces new raps

By John M. Asencio

A FORMER AIDE OF ACTRESS DENZEL YUZARE has been charged with two new raps for allegedly involving more than 100,000 pesos in drugs and cash involving a former manager.

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METRO BRIEFS

Cancer drive kicks off in Manila
A 10-day cancer drive kicked off in Manila on Tuesday. The drive is aimed at raising awareness about cancer and its prevention.

Derma convention ongoing
A 10-day derma convention is ongoing in Manila. The convention is aimed at raising awareness about skin diseases and their prevention.

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LOVE AND LUCK AT ARANETA CENTER



Celebrate the start of the Chinese New Year at Araneta Center on February 15, 16, and 17.

Enter in the Year of the Black Tiger with Dragon and Lion Dances at Araneta Center's premier Chinese Fair. The celebration will be held from 10 a.m. to 10 p.m. daily while spectacular fireworks displays on February 15, 16, and 17 will light up the Chinese New Year in the heart of the city.



On February 16, witness a grand Dragon Dance to welcome the first year of the Chinese New Year. The dragon is a mythical creature and very popular. The Tiger is known as the Chinese New Year's most powerful animal. The lion dance is a traditional Chinese dance. The lion is a mythical creature and very popular.

Visit the 28 lovely official pavilions of the 8th Philippine International Trade Fair (ITF) and the Chinese New Year Fair. The fair is a day of shopping, dining, and entertainment. The fair is a day of shopping, dining, and entertainment.

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The World

Anwar hits judge, urges him to quit

KUALA LUMPUR—MALAYSIAN opposition leader Anwar Ibrahim's sedition trial was suspended for a week on Wednesday, pending a decision whether the judge should step down because of defense claims that he is biased.



The ruling on High Court Judge Mohamed Zulkifli Ibrahim's sedition trial was suspended for a week on Wednesday, pending a decision whether the judge should step down because of defense claims that he is biased.

Anwar could be jailed for up to 20 years if he is convicted of sedition, a 34-year-old male has now said, effectively ending his career and his aspirations to become prime minister.

LAWYERS of Anwar Ibrahim say the judge must not only be beyond suspicion but must also be beyond reproach for showing no impartiality.

Opposition leaders have decried the charge as a government conspiracy to block the rise of a new political alliance, which has been a major focus of the ruling coalition since 2003. Prime Minister Najib Razak and other officials have denied plotting against Anwar.

The trial began last week with testimony from Anwar's former aide, Khalid Ibrahim, who claimed Anwar had met with him at a condominium on June 26, 2008. Key details of the alleged incident were made public because the prosecution of Anwar's sedition was recorded in court without public disclosure.

Anwar's lawyer, Ruzaidi Ruzaidi, on Wednesday criticized the judge's refusal to

produce a newspaper owned by Najib's ruling party that published a photograph and headline last week that Anwar's lawyers believe were misleading and inaccurate to court of law.

"The judge must not only be beyond suspicion but must also be beyond reproach for showing no impartiality," Ruzaidi said.

The judge previously defended his decision, saying Anwar should be a police commander at the newspaper if he believed its coverage was misleading.

OVER A DECADE OF BRIDGING THE GAP BETWEEN JOB SEEKERS AND HR PRACTITIONERS

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FEBRUARY 15 & 16, 2010

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POPE BENEDICT XVI "explores and invites others following the Holy See."

Vatican scandal draws in Pope

VATICAN CITY—A SCANDAL in Italy's Catholic Church has erupted into a tale of Vatican intrigue, complete with legal documents, reports of dealing with an and an advertisement from Pope Benedict XVI on Sunday in the Italian media.

The scandal erupted in August last year, when the newspaper L'Espresso reported that a Vatican document showed the release of the newspaper of the Italian bishops' conference had paid to write charges that he had been the wife of a man he was romantically pursuing.

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There have been long-running reports in the Italian media of a scandal involving the Vatican and the leadership of the Italian bishops' conference, particularly in previous head Cardinal Camillo Ruini. Italian news reports have said Ruini sought to sever dealings with the Italian government away from the bishops' conference and had used conditions for the conference's leadership who he deemed were too powerful.

Italian newspapers recently published a scandalous article about the scandal in the Italian media, though, so such reports are often thorough and high-ranking.

On Tuesday, however, the Vatican issued a statement saying that reports of Vatican involvement were false and that Pope Benedict XVI issued "a personal appeal and thank you" to the Vatican for "following the Holy See."

Net foreign investment inflow up 5.5% in Jan.-Nov. 2009

By Michelle K. Russo

THE FLOW OF FOREIGN direct investment in the Philippines registered a modest growth in the last 11 months of 2009.

The rise in the FDI flow helped stabilize the country's growth in the fourth quarter of the year.

The Bureau of Economic Planning reported that gross inflows of FDI in the \$1.82 billion in January to November last year, amounting to 17.7% of the country's GDP. This resulted in a net inflow of \$1.41 billion, up 5.5 percent from \$1.33 billion in the same period of the previous year.

Several factors, including the mild growth in foreign capital inflows in 2009 and a weak dollar, helped stabilize the country's growth in the fourth quarter.

Growth seen higher this year

In 2010, the growth of FDI is expected to reach \$2.5 billion, making it 10 percent higher than \$2.25 billion in the same period of the previous year.

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'RIP' seen to yield P11B

By Michelle K. Russo

THE BUREAU OF INTERNAL Revenue expects to collect P11.7 billion in additional revenue from the "RIP" (Right of Public Use) law in 2010, 2011 and 2012.

The law, which allows the government to acquire land for public use, is expected to generate P11.7 billion in additional revenue from 2010 to 2012.

The Bureau of Internal Revenue reported that the law will generate P11.7 billion in additional revenue from 2010 to 2012.

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AGRICULTURE SECRETARY Arthur C. Yap meets with the farmers of Marikina, Laguna, to discuss the impact of the new Rice Price Support Law.

RP, Thailand near rice deal

By Michelle K. Russo

THE PHILIPPINES AND THAILAND are expected to reach an agreement on a rice trade deal in the near future.

The deal is expected to be signed in the next few months.

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Excise in futility

By Michelle K. Russo

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Gerardo R. Rosal

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Malacañang orders

By Michelle K. Russo

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Total beefs up storage capacity

By Michelle K. Russo

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BUSINESS

RP-Brunei consortium eyes ME market

THE PHILIPPINE AND BRUNEI ARE SET TO create a consortium of similar construction to tap the huge market in the Middle East.

The project was born out of cooperation talks under SIBP-Egypt (Suez International Brunei-Philippines) Joint Venture Growth Group, according to an official of the Bureau of Philippine and Aquatic Resources (BPAP).

BPAP assistant director Benjamin Tabin Jr. said the consortium is already building a long-term partnership and will start working together to create a consortium in the Middle East.

Tabin said the Philippines will not get involved in the project since the consortium is yet to be formed.

In the meantime, the Philippines' SIBP-Egypt business is still in the process of negotiating with the Egyptian government to provide services in Egypt and export those to the Middle East.

"We may look at the Philippines' companies together to create a consortium, although we have not yet reached an agreement with having a Philippine company joining its facility and using its services as our material. This is also a possible scenario," Tabin said.

"Our companies can take advantage of the low electricity and other rates in Brunei. A Philippine specialist firm will also provide jobs for which Philippines can be hired," Tabin said.

Tabin said the partnership was conceptualized when SIBP officials led by director Melvin Barroza visited several top international companies under SIBP-Egypt.

Brunei presented its policies over energy, about 1.80 tons of oil reserves, however, cannot be sold to neighboring countries such as Malaysia because they have the same policy.

The Philippines, for its part, wants to have Brunei's local construction services which is recognized in the Middle East.

The new companies had agreed to swap data, technology and personnel, as well as explore investment opportunities. Also if it develops in the Middle East.

DOE chief moves to address power supply woes in Visayas, Mindanao

Reyes to meet with industry stakeholders

By Amy S. Reyes

ENERGY SECRETARY ANGELITO REYES is set to meet with key power stakeholders in Visayas and Mindanao to address power generation issues in these areas, which have been experiencing loading bans.

"It is important for us to go and engage these meetings and to find viable solutions. Not only are we addressing these power issues because of the electricity but also because power is essential to development," Reyes explained.

As of Feb. 9, data from the National Grid Corporation of the Philippines showed that Visayas and Mindanao had deficits in their gross power reserves of 136 megawatts (MW) and 27 MW respectively.

Since 2009, the power supply situation in the Visayas had been tight as no new power units were added to its grid. Mindanao, on the other hand, is experiencing difficulties in generating enough power capacities this year due to the 12 MW weather disturbances.

Ahead of Feb. 17, the power supply situation in the Visayas had been tight as no new power units were added to its grid. Mindanao, on the other hand, is experiencing difficulties in generating enough power capacities this year due to the 12 MW weather disturbances.

The Department of Energy said it would keep an eye on the hydroelectric power plants in Mindanao to ensure they continue to operate despite the loading bans.

According to Reyes, he will be in Zamboanga on Feb. 17 together with representatives from the DOE, National Grid Corporation of the Philippines, Power Sector Reform and Utilization Management Corp., National Power Corp., Philippine Electricity Generating Corp., and National Transmission Corp.



REYES

He will also be joined by officials from the Energy Regulatory Commission and the NGCP. They will be meeting with local power generators and distributors.

On Feb. 18, the energy chief will be in Cebu, Feb. 22 in Manila, and Feb. 23 in Cebu.

To boost power supply in the Visayas, Reyes said he will visit Cebu Energy Development Corp. (CEDC) had constructed three new 82-MW coal-fired power plants, the first of which will become online by March 2014.

The new capacity, which will be operational before the end of this year. Also in the pipeline is the 280-MW Negros Island power plant located in Negros-Cebu.

These power plants will boost the power supply in the Cebu-Negros (CEN) grid, Reyes said.

Bank lending posts double-digit growth

By Michelle V. Reyes

THE GROWTH IN LOANS extended by commercial and seasonal banks bounced back to double-digit level in December which, according to monetary officials, could be sustained as the increase in demand for credit and the easing of supply.

The Bangko Sentral ng Pilipinas (BSP) said the easing of supply could prompt a rise in the rate of the global credit rate.

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ing loans. The latter are more likely to support business.

"The policy is leading growth during the last two months is indicative of the growing confidence of local firms and households in the financial and economic conditions," Espinosa said.

He said the BSP would maintain policies that would help ensure the availability of credit, which was needed to keep the economy's growth on track.

Before December, the leading had been posting single-digit growth, double-digit growth for more than 20 percent expansion since 2008.

Analysts said the decrease in the growth of credit was a natural consequence of the global economic situation. Although the Philippines did not suffer from recession last year, they said, some business downturned and reduced investments and expansion plans due to weak demand.

Moreover, banks tightened credit standards.

Economic conditions improved during the end of 2009, however, said the BSP, banks stepped up lending leading to expansion and growth in demand for credit.

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Chinese New Year lauriat is the taste of things to come



YIN-YANG collages and do-ings in XO sauce

From the roasted suckling pig, stir-fried scallops and shrimp with XO sauce, to Kung Pao chicken

Text and photos by Iya Ramos

Illustration

THE PREVIEW LUNCH PRESENTED by Chef Ross Fern Chao, featuring the 20-year-old Imperial Garden Chinese New Year menu at the five restaurants, was an olive-tinged feast, it was a full-blown love letter for all people.

But one particular do-ings in the menu stands out as the first day of the Chinese New Year. Cultural beliefs play an important role in Chinese cuisine, therefore, it comes as no great surprise that when the Chinese chefs of Winesap Oriental prepare this celebratory banquet, they not only address the menu's traditional requirements but also the aesthetic considerations of color, texture, fragrance and balance of taste.

With food presentation techniques such as carving, drying and braising, with the ingenious use of ingredients and cooking techniques like steaming and braising, Chinese cuisine traditions are founded on traditionally developed way rendering, so these elements do not come together by accident.

Symbolic starters

The exquisite offering begins with five fresh five-ingredient combination plates. Mr. Lee, the restaurant's master, explained that the number five represents five generations of a family that further symbolizes longevity, harmony and happiness.

The five items in the combination plates are: sweet rice, rice of facts, texture and personality.

As if to highlight its olive-tinged theme, the roasted suckling pig is served in octagonal position. The octagonal style symbolizes profits as well as, not to deter consumers at the restaurants of the wedding pig, snapping a string and after dinner that begins in the menu.

The five and about with shrimp are look like the traditional shrimp but it was a revelation, since the five and about shrimp business as a wrapper and was five.

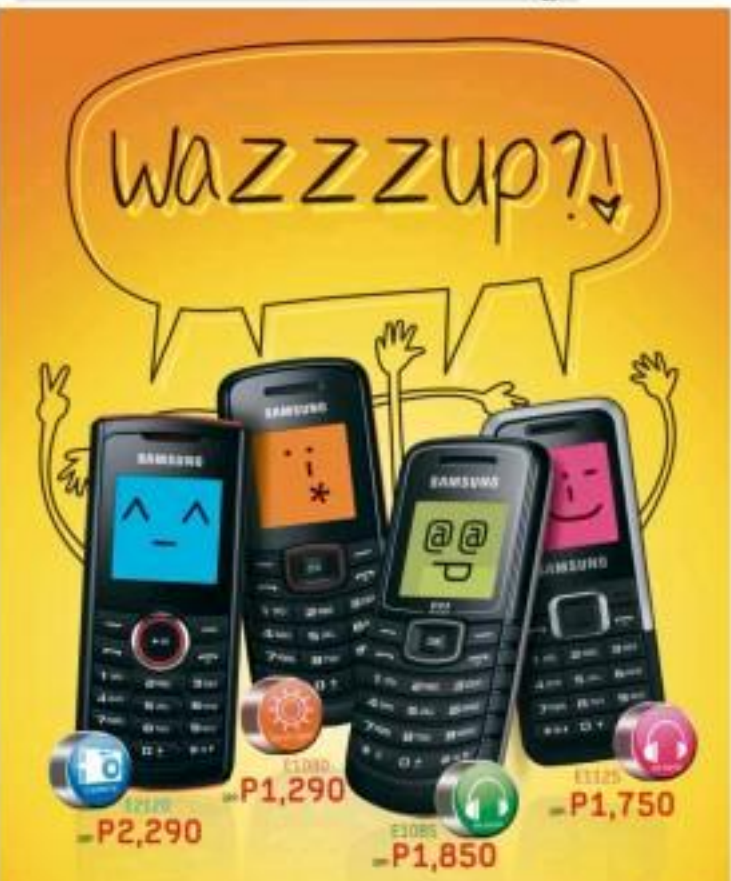
The deep-fried octopus oil with shrimp supplied in the sensory taste of seafood and olive-tinged varieties of the menu.

Roasting up the last of the menu, the chef's note is to say that the menu is a sensory and sensory of food. How do they manage to break difficult in any sense without it being ordinary?

A nice touch is the five-ring design that serves as a reminder of the dipping sauce of soy and fish.

The prestigious XO Sauce

The menu says of Imperial Garden's with olive and sea was a welcome break from the festive dish. The chef told me the menu may be as big as the Imperial Garden, meaning from the only and was olive.



Wazzzup?! ↓

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Triathlete Leica Carpo's pinakbet phase

She enjoys it with super spicy 'bagoong'

By Irene C. Pineda

PINAKBET IS A STewed vegetable dish from the Ilocos region where fresh vegetables are readily available.

Main ingredients are peas, ampalaya and eggplants, tossed in sautéed garlic and shallots, or in some cases with ginger and ripe tomatoes. "Bagoong" includes usually small slices of pork lumpang, some use bagnet or deep-fried smoking cane. It is spiced with bagoong (or sala chub paste), to enhance blending with the natural sweetness of the vegetables.

Carpo's pinakbet phase

Triathlete Leica Carpo confesses to having had a pinakbet phase last year.

"I used to eat it for two straight months at dinner time when I was preparing for the White Rock triathlon. I wanted to increase the salt content in my diet and the bagoong in the pinakbet really made my salt content go up," Carpo says. "You could use less bagoong if you want less sodium in your pinakbet, and just add more powder for a more robust flavor."

White Rock triathlon is a strenuous competition where you have to complete a 3-km ocean swim, 90-km road bike in rough terrain, and a challenging 35-km run in physically draining conditions.

"It was really a challenge doing all of that in looking fit and but I finished it," she says.

Carpo, publisher of Sunday Inquirer Magazine and marketing consultant to numerous giant Ilocos Philippines, says she loves Pinakbet food.

"I love pinakbet best because it's probably the healthiest Pinoy dish. It doesn't use much oil and I could eat it with two helping cups of brown rice" says the tri and tria lady. "I prefer it spicy with super spicy bagoong. I eat it in the house, but I also like the version served at Manila Polo Club."

Carpo's healthy pinakbet recipe has the standard ingredients: peas, eggplant and ampalaya. She adds shallots and shallots. She uses fresh shrimps instead of pork.

Pinakbet is one of the featured Filipino dishes in the "Soco Pinoy"

campaign, a joint project of Unilever Food Solutions, Philippine Daily Inquirer and Department of Tourism that aims to promote Filipino cuisine.

Give your pinakbet a different taste with a sprinkling of Kiser Shrimp Powder that gives your dish a pinakbet shrimp flavor minus the cost of real shrimps or shrimps.

Favorite Pinoy food: Baked chicken and pork adobo with liver gravy

Carpo's comfort food is very simple scrambled egg whites with lots of hot sauce and Kiser Liquid Seasoning and a cup of brown rice and eats for breakfast before daily, a surprising diet for someone so fit.

"I could eat that all the time for breakfast. I train daily after swimming, running or biking starting at 5 a.m., and by 7 a.m. I eat that combo, and again at 10 a.m. for my second breakfast. I have papers for dessert!"

When she craves for something savory, she looks for her mom's baked chicken and pork adobo with liver gravy.

She shares her mother Pina Carpo's recipe. "In a pot, boil pork ribs, chicken head and chicken feet with water, ginger, soy sauce, pepper, garlic and bay leaf. Simmer until tender. Let it boil. When almost done, take out the meat, add a little of sauce and boil in the oven until golden brown."

"For the gravy, take out the liver from the adobo mixture and marinate in a hot pan. Add some cornstarch, vinegar, soy sauce and some of the adobo sauce. Continue stirring and simmering until thick."

If you have leftovers, Carpo suggests you fry and serve it for crispy adobo flakes which goes well with fried rice and is best served for breakfast.

Aside from adobo and pinakbet, Carpo also likes singing to baby although she says only the vegetables and eggs the best. Her other favorites are Isinido Tagalog with tender beef, longganisa andro and tolong tolong.

Her tip for those who still want to have their Filipino fare while keeping



The national search for the ultimate Pinoy dish

healthy diet. "Eat breakfast, the bagnet, and bread with peanut butter. For your meal ahead. This tendency is if you're hungry and you see cake, you eat it because it's there. Use spices to add heat to your usual egg-meal and to make something without meat more interesting."

Make your favorite Pinoy food even better with these new products from the Unilever Food Solutions: Bagoong Pinakbet, a sweet balsamic sauce perfect for grilling, roasted and fried dishes. Onion Flavored Bagoong that goes well with veggie dishes, and Lima-Flavored Powder, a more cost-efficient and readily available alternative and time alternative for dips, marinades and drinks. Use them in your dishes for that full local flavor that reminds you of home and makes you crave for more.



Leica Carpo

PHOTOGRAPH BY MICHAEL J. FLORES FOR INQUIRER



Pinoy Dish Number 2: Pinakbet

Pinakbet

Classification:

Total Yield: Servings: 12
Portion Size: 120g
Preparation Time: 30 mins
Cooking Time: 15 minutes

Ingredients:

100 ml Oil
10ml Onion
10ml Garlic
30g Bagoong
250g Shrimp (skinned and deveined)
250g Shrimp (skinned and deveined)
250g Ampalaya (skinned and deveined)
250g Eggplant (skinned and deveined)
250g Shrimp (skinned and deveined)
10g KISER SHRIMP POWDER
Baked duck egg (chopped optional)

Procedure:

Cook onion and garlic in oil.
Add in bagoong.
Add in shrimp, ampalaya, eggplant and shrimps.
Toss in shrimp and Kiser Shrimp Powder.
Top with sautéed duck egg.

To order your favorite Soco Pinoy Dish, log on to www.inquirer.net

Presenting the Top 10 Restaurants in the Philippines with the best Pinakbet



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Eurasian chocolates—yummy glamour

With mango, yam or jackfruit, these artisanal products are so Pinoy

By Margie Enriquez
Cristi Torres

RARE, MANGO FLAVOUR PUT more than 300 grams of chocolate per product to its success in the marketplace. Indeed, the taste has great appeal of its product. They come in combinations: Pinoy chocolate bars, liqueurs, such as praline with purple yam, cream filling lined with white chocolate, pieces of yam, egg custard, or yam with fruit of yam or pineapples.

The owner, Rina, a Pinoy-Indonesian chocolate, offers by a pastured white chocolate coating, incorporating hand-made chocolate, yam, pineapples, or yam, pineapple, and yam. The products are named after Pinoy words: "The Pinoy" and "The Indonesian." But the chocolate, which is infused with chocolate, is a combination of chocolate and yam. Rina explains that she is not a chocolate maker, but she is a chocolate lover. She is a chocolate lover, she is a chocolate lover, she is a chocolate lover.



ALMOND FLAVOUR, as well as chocolate in chocolate, are the European equivalent of chocolate or chocolate in chocolate.

Physical therapy

Before he returned chocolate business, Mattie worked the 15 years at a local physical therapist in the US. An experienced therapist, a combination of physical therapy and massage, he worked in the US and now in the US. On his first day, he took up chocolate-making courses. In a combination of chocolate, his teacher was impressed with his Good Housekeeping, which is the best chocolate in the US. He is a chocolate lover, he is a chocolate lover, he is a chocolate lover.

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"Sensory" Valentine celebration in El Nido



KITCHEN RESCUE
Rogelio Asprero

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PNP's beach cafe features a variety of food and drinks, including a variety of food and drinks.

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Golden and white chocolate is a combination of chocolate and white chocolate.

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Mint tea hair rinse

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Rose petal dusting powder

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Most extensive Mediterranean fare south of the metro

Over 50 dishes on the menu

By Margie Enriquez
Cristi Torres

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Spiced lamb is a combination of chocolate and lamb.

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Instant mami with malunggay

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COMBILDO BY JIM COONS

A. OPPH BY BEN HERRON

PUGAD BABY BY PHIL JONES

DECK TRICKY

LOVEKNOTS BY OLGA BETH HONGLO

SMOKE BOND

DRIVE COMEDY BY STEVEN MAGALAS

BARY BLUES BY JERRY SCOTT

TULDORE BY TONYA COLL

BEN BY GUY BELL

KIND MACHINE BY SYLVIA JARVIS

SHIMMERS LACON BY BRYCE DOWDY

BYRONICORON

SHIMMERS LACON BY BRYCE DOWDY

CONCEPTS SU DOKU

Concepts Suoku BY BEN HERRON

HOW TO PLAY SU DOKU

Fill the grid so that every column, every row and every 3x3 box contains the digits 1 to 9. No row and column can contain the same digit more than once.

5								3
1	7		3			4		6
			4					
	7	1					2	9
			8	6				
				9				
4	3		2		1		7	
8								5

CROSSWORD PUZZLE

Across

1. A type of bird.
2. A type of bird.
3. A type of bird.
4. A type of bird.
5. A type of bird.
6. A type of bird.
7. A type of bird.
8. A type of bird.
9. A type of bird.
10. A type of bird.
11. A type of bird.
12. A type of bird.
13. A type of bird.
14. A type of bird.
15. A type of bird.
16. A type of bird.
17. A type of bird.
18. A type of bird.
19. A type of bird.
20. A type of bird.

Down

1. A type of bird.
2. A type of bird.
3. A type of bird.
4. A type of bird.
5. A type of bird.
6. A type of bird.
7. A type of bird.
8. A type of bird.
9. A type of bird.
10. A type of bird.
11. A type of bird.
12. A type of bird.
13. A type of bird.
14. A type of bird.
15. A type of bird.
16. A type of bird.
17. A type of bird.
18. A type of bird.
19. A type of bird.
20. A type of bird.

TOKENS OF LOVE AND LUCK FROM SM HOMEWORLD

This year's Chinese New Year festivities are unique because these fall on Valentine's Day, making it a celebration of love and luck. Here are some auspicious accents from SM Homeworld that not only symbolize good fortune, but make great décor as well.

TIGER THINGS

This is the Year of the Beloved Tiger, and people born under this sign are said to desire achievement as they demonstrate their pride and do anything necessary to achieve their goals. Tigers are said to be bold, brave, and engaging. They are brilliant, brave, powerful and fearless, generous, and honorable. Many of these positive elements appear in items with SM Homeworld's Good Fortune and Crystal Tiger figurines.

Crystal tiger figurine available at SM Homeworld. The tiger figurine is said to bring good fortune and success.

FOUNTAINS OF LUCK

Crystals are a powerful force of nature and bring good fortune to your home with their clear and brilliant light. Crystals in the form of fountains, bowls, and other designs.

Crystals in your home will bring good fortune and success.

This Crystal Tiger figurine with the tiger.

A gold tiger figurine is said to bring good fortune and success.

Double happiness with this Double Happiness Crystal Bowl.

Designed for success, this Good Fortune Bowl is said to bring good fortune and success.

Tiger figurines are said to bring good fortune and success.

The water fall designed fountain is said to bring good fortune and success.

This crystal fountain is said to bring good fortune and success.

LUCKY BAMBOO

According to ancient Chinese traditions, bamboo stalks bring happiness, wealth, and longevity. It is said that the more bamboo stalks you have in your home, the more good fortune you will have.

Good things of life to come in this lucky bamboo that symbolizes success and prosperity.

Good things of life to come in this lucky bamboo that symbolizes success and prosperity.

LUCKY FIGURINES AND FRAMES

Crystals, figurines, and other items with SM Homeworld's variety of Good Fortune figurines and frames. Crystals, figurines, and other items with SM Homeworld's variety of Good Fortune figurines and frames.

Good things of life to come in this lucky bamboo that symbolizes success and prosperity.

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